

As featured on NPR,
BBC, Five TV, ABC
Australia, Men's Journal,
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2DO Before I Die

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Joe Kurmaskie's
'**Free-wheeling**'

Christopher LeMille's
'**Regrets, I've
had a few...**'

The "One Hundred Days To Make Me A Better Person" Project

ONE thing. Done ONCE Each Day. For ONE Hundred Days.



That's the great, simple idea behind **Josie Long**'s one hundred day mission "to make everyone a little friendlier, stronger, fitter, wiser or just plain jollier. Since 1st December 2009, indefatigable, affirmative action-hero Josie has been leading a group of comedians, writers and musicians on a

brand new scheme of creative betterment.

Alongside inventive pledges from over 900 members of the public (everything from 'a comic a day,' 'micro art history essays,' 'mythological creatures in haiku,' 'kissing in front of a different London landmark,' 'leaving a hundred post it notes in public,' 'jogging art,') Josie is talking to a stranger each day, and writing at least one new joke."

[Click here for more details - and to submit your own ideas.](#)

(The project is part of the London Word Festival - details on that [here](#).)

Posted by Mike and Chris on February 28, 2010 | [Permalink](#) [Email this post](#) | [Comments \(9\)](#)

Bicyclist vs Elephant - video

2DO writer Joe 'Metal Cowboy' Kurmaskie has both a new book and a new video out now. Watch a snippet below to get a taste of Joe's travels, adventures and great efforts at raising money for kids in need. You can also enjoy some of Joe's past exploits right [here on the site](#).

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Michael Ogden, Chr...

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A few story examples below - 65 more can be found in the book:

- "Perform stand-up comedy"
- "Meet My Childhood Hero"
- "Grow a beard"
- "Record an album"
- "Join a protest march"

R e c

- ugg shoes on Your 2DO Lists (Over 10,000 goals and counting...)
- Paul from Silver Coast Finest on Base Jumping Mountains in Winged Jump Suits - Video
- automaticpetfooddispenser on "A Normal Day" - Video
- air jordan on Your 2DO Lists (Over 10,000 goals and counting...)
- on "Civilization" - a trip through Heaven and Hell - video
- on Base Jumping Mountains in Winged Jump Suits - Video

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The "One Hundred Days To Make Me A Better Person" Project

Bicyclist vs Elephant - video

Life Lessons with Mr. T

People in Order: Age 1 To 100 - Video

The Metal Cowboy Rides Again

"Where Do You Want To Wake Up Tomorrow?" video

Posted by Mike and Chris on February 18, 2010 in '[Freewheeling with Joe Kurmaskie](#)', [Video - 2DO](#) | [Permalink](#) [Email this post](#) | [Comments \(3\)](#)

Life Lessons with Mr. T

He covers all the basics, really...

Posted by Mike and Chris on February 3, 2010 | [Permalink](#) [Email this post](#) | [Comments \(3\)](#)

People in Order: Age 1 To 100 - Video

Bang that drum! (go for it number 45...go on 72! Am impressive 91...and nicely done 96 and 98..etc)

viewed "2DO Before I Die: About Us" 18 hours 44 mins ago

A visitor from **Paragould, Arkansas**

viewed "2DO Before I Die" 20 hours 33 mins ago

R e a l - M e a n

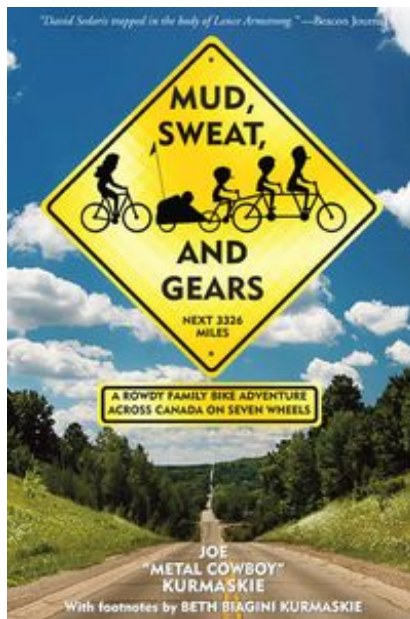
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People In Order: 1. Age from [James Price](#) on [Vimeo](#).

Posted by Mike and Chris on January 21, 2010 | [Permalink](#) [Email this post](#) | [Comments \(0\)](#)

The Metal Cowboy Rides Again



Joe's been called 'David Sedaris trapped in Lance Armstrong's body' and 'Mark Twain on two wheels'. He's a natural storyteller, and a proven crowd-pleaser with many a great tale to share. He'll be on the road throughout 2010, so do pay him a visit should Joe stop in your town. And say hello from us!

Here's a [link to an excerpt](#) from his latest book, which is also featured in the current Bicycling magazine. And if you can't wait until February for its mass market release, you can pick up a copy from Amazon or even better, get yourself a special signed edition signed of *Mud, Sweat and Gears* directly from [Joe's site](#). Congratulations Joe - nice work!

Posted by Mike and Chris on January 7, 2010 in ['Freewheeling with Joe Kurmaskie'](#) , [Travel](#) | [Permalink](#) [Email this post](#) | [Comments \(2\)](#)

["Where Do You Want To Wake Up Tomorrow?" - video](#)

Tomorrow? - Video

"Interesting New Yorkers" - Short Video Profiles

"Piano Stairs" - video

Music by Birds - video

Bringing 'Where the Wild Things Are' To The Screen

A r c h i v e

February 2010

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April 2009

March 2009

C a t e g o r i e s

"Build a Camera in the Rain Forest"

"Conquer my fear of nudity"

"Get Published"

"Make a Movie"

"Move to New Zealand"

"Postcards from the Peace Corps" by Stoney Schaffer

"Quit Smoking"

"Start a business"

"Trials of Tim"

"Working Life" by Gigi Burgdorf

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[Fifty People, One Question: Brooklyn](#)

Posted by Mike and Chris on October 16, 2009 in [Video - 2DO](#) | [Permalink](#)
[Email this post](#) | [Comments \(2\)](#)

["Interesting New Yorkers" - Short Video Profiles](#)

Loved my recent visit to NYC - I had forgotten what a great city it is. Just came across this - some good short profiles of intriguing NYC locals...

Via Boing Boing: "A city guide website called [Revel in New York](#) makes great mini docs about interesting New Yorkers." Here is Josh Hadar, 'Bike Builder' - with a few more listed below.

Others from the same series:

The [Pigeon Lady](#), an East Village pigeon fancier who's been stealing pigeons from prized coops for nearly a decade.

[High Times](#) senior editor [David Bienenstock](#), who explains the different effects of different kinds of pot.

[Molly Crabapple](#), artist and founder of Dr. Sketchy's Anti-Art School.

[Tea blender Nini Ordoubadi](#), an Iranian born New Yorker who comes from a long tradition of tea blenders.

Posted by Mike and Chris on October 14, 2009 in [Travel](#) , [Video - 2DO](#) | [Permalink](#) [Email this post](#) | [Comments \(0\)](#)

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"Piano Stairs" - video

I would take the stairs a lot more often, if this was the rule not the exception...

Posted by Mike and Chris on October 8, 2009 | [Permalink](#) [Email this post](#) | [Comments \(2\)](#)

Music by Birds - video

Composer Jarbas Agnelli was inspired by a photo in a newspaper of birds sitting on electric wires and decided to set it to music, using the birds as notes. Results below...

Posted by Mike and Chris on September 9, 2009 in [Music](#) , [Video - 2DO](#) | [Permalink](#) [Email this post](#) | [Comments \(0\)](#)

Bringing 'Where the Wild Things Are' To The Screen



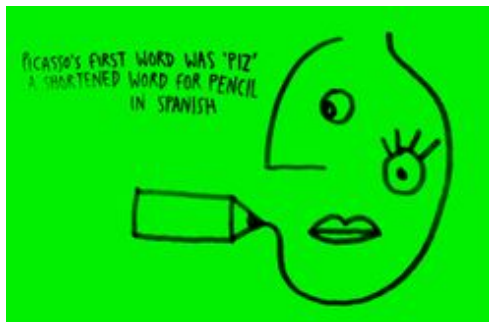
"Spike Jonze is known for making videos and movies his way — fast, cheap and dirty — but adapting Maurice Sendak's classic book turned out to be slow, expensive and very

complicated."

[Click here for the full story](#) in today's New York Times....

Posted by Mike and Chris on September 6, 2009 in [Film](#) | [Permalink](#) [Email this post](#) | [Comments \(1\)](#)

Learn Something Everyday



'[Learn Something Everyday](#)' is a new site dedicated to illustrating various trivia using Sharpie drawings.

Did you know that Shakespeare was dyslexic? Or that the space between your

eyebrows is called the 'glabella'? How about that most cars beep in the key of F...?

Not sure how useful those facts are, but the drawings are fun...

Posted by Mike and Chris on August 29, 2009 in [Arts](#) | [Permalink](#) [Email this post](#) | [Comments \(0\)](#)

Visual Effects - 100 Years of Inspiration

Just came across a recently collated collection of clips and making-of footage from notable visual effects films of the past century. Originally intended for educational use as an introduction to a classroom lecture, it represents of a lot of time, work and imagination...

Posted by Mike and Chris on August 24, 2009 in [Video - 2DO](#) | [Permalink](#)
[Email this post](#) | [Comments \(0\)](#)

William Hoffman's "Moments" - Video

Directed by William Hoffman for [Anyone Everything](#), here's a nicely observed, well edited series of moments - some exceptional, some everyday...

Posted by Mike and Chris on August 18, 2009 in [Video - 2DO](#) | [Permalink](#)
[Email this post](#) | [Comments \(0\)](#)

Playing the building...

David Byrne has just brought his latest installation 'Playing the building' to London's Roundhouse. Connecting a small organ to various parts of the building's structure via a series of pumps and automated devices, Byrne manages to turn the whole building into a musical instrument. The results may not be as catchy as some of his Talking Heads hits, but it's nice to see someone making music

with girders for a change.

Below is a **Wired** video with Byrne explaining the original NYC installation, and [click here](#) to check out the full article on **Creative Review**.

Playing the Building is on show at the Roundhouse until **31st August**.

Posted by Mike and Chris on August 11, 2009 in [Arts](#) | [Permalink](#) [Email this post](#) | [Comments \(0\)](#)

Thinking 'Outside the Box' - video

It can be a challenge coming up with new ideas. Sometimes to arrive at a fresh approach, one has to come at the situation from a whole new angle...

Posted by Mike and Chris on July 31, 2009 in [Video - 2DQ](#) | [Permalink](#) [Email this post](#) | [Comments \(0\)](#)

Daily routines...



Churchill dictated from his bed in the morning and



took a siesta
at 5pm;
Designer
Stefan
Sagmeister
kicks off his
working day
at the crack
of dawn with

a pot of coffee and a cigar; Barack Obama is happy to be working from home...

If you ever wondered about the daily routines of the great and the good, here's a site well worth checking out. The **[Daily Routines](#)** blog references interviews, news articles and auto-biography to bring you in detail the working patterns of such names as Darwin, Kafka, Marx and Thurber.

Stephen King on the start of his day: "There are certain things I do if I sit down to write," he said. "I have a glass of water or a cup of tea. There's a certain time I sit down, from 8:00 to 8:30, somewhere within that half hour every morning," he explained. "I have my vitamin pill and my music, sit in the same seat, and the papers are all arranged in the same places. The cumulative purpose of doing these things the same way every day seems to be a way of saying to the mind, you're going to be dreaming soon."

Posted by Mike and Chris on July 28, 2009 in [Heroes](#) | [Permalink](#) [Email this post](#) | [Comments \(0\)](#)

"The World's Fastest Everything" - video

From cup stacking, to getting dressed, to running and more - a video compilation of (some of) the world's fastest everything...

Posted by Mike and Chris on July 14, 2009 in [Video - 2DO](#) | [Permalink](#) [Email this post](#) | [Comments \(1\)](#)

"A Normal Day" - Video

Just another normal day in the life of Thomas & Sebastian (bet it took a lot of practice). Pretty impressive...

Posted by Mike and Chris on July 9, 2009 in [Video - 2DO](#) | [Permalink](#) [Email this post](#) | [Comments \(1\)](#)

'This Column Will Change Your Life'



Burkeman's weekend Guardian feature ["This Column Will Change Your Life"](#) often hits a note that regular readers of this blog might appreciate. His is a sharp-witted, anti-fluffy approach to the tricky topic of self-improvement, with a healthy store of scepticism for the quick-fixes and miracle cures of the self-help industry.

In the past, he's scrutinized topics such as [life-goal obsessives](#), the virtues of [being ordinary](#) and those suspiciously convenient [case-studies](#) featured in almost all self-help manuals. This week he looks at the twisted priorities of modern life, how being eager to please can keep you from your lifelong goals and the perils of sharing your ambitions with those around you. [Click here](#) to read the full article...

Image courtesy of [plan59.com](#)

Posted by Mike and Chris on June 28, 2009 in [Arts](#) | [Permalink](#) [Email this post](#) | [Comments \(1\)](#)

"Civilization" - a trip through Heaven and Hell - video

Comprised of over 400 video clips, "Civilization," is an impressive video installation by artist/director Marco Brambilla for the elevators in the Standard Hotel in NYC.

A trip from hell to heaven...found on Boing Boing. Play it large...
More pix of the exhibition [here](#).

[Civilization by Marco Brambilla](#) from [CRUSH](#).

Posted by Mike and Chris on June 19, 2009 in [Video - 2DO](#) | [Permalink](#) [Email this post](#) | [Comments \(1\)](#)